



## OFFICE OF PUBLIC INSTRUCTION

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Superintendent



# THINK FOOD

## School Nutrition Programs

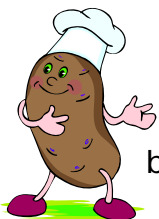
### December 2006

#### SHIPPING SCHEDULE CHANGES

The following changes have been made to the last frozen shipments.

**Shipment #6** will include Beef Patties Crkl, Chicken Pattie Tenders, Chix Fajita Strips, Corn, Peach Cups and Pork Roasts. **Shipment #8** will include Ground Beef, Chix Fajita Strips (Turkey Roll Replacement), Chix Diced, Potato Rounds, Turkey Hams, and all flour from Shipment #9. This shipment will also include any additional leftover frozen commodities that are requested on the order form due December 15, 2006.

The USDA shipping schedule has been pretty tight at getting the deliveries to our warehouse. We apologize for the delays, but are doing our best to ship the products as we receive them.



#### CANCELLED COMMODITIES

The Potato Wedges that were to be delivered to you on Shipment #8 have been cancelled by the

USDA due to price increases resulting in a tight market.

#### ADDITIONAL COMMODITY ORDERS

Additional orders can now be placed. The order form along with updated PAL information is now available at [www.opi.mt.gov/schoolfood/foodDistNEW.html](http://www.opi.mt.gov/schoolfood/foodDistNEW.html). These orders need to be faxed to Food Distribution at (406) 444-2955. The deadline for placing orders is **December 15, 2006**.

#### WELCOME BRENDA PEPPERS TO SCHOOL NUTRITION PROGRAMS

Brenda Peppers has joined our staff as our newest Nutrition Specialist. Brenda comes to us from the Department of Health and Human Services where she worked with the Child and Adult Care Food Program (CACFP). Prior to moving to Montana, Brenda spent 30 years in Minneapolis working with social programs for children and families. Brenda has three daughters scattered across the

world in Edinburgh, Scotland, New York, and Anchorage, Alaska. Please join us in welcoming Brenda to our staff.



### HEALTHY GIFT IDEAS

Looking for the perfect gift this holiday season? Consider supporting your loved ones' health and fitness well into the new year with thoughtful gifts that will help them live healthier, longer lives. Here are some ideas to get you started. Consider purchasing a **pedometer**; research shows that getting at least 5,000 steps a day helps increase health and fitness. A **stationary bike frame** can turn an ordinary bike into an indoor stationary bike. This spin style stationary biking is easier on joints. **Fitness videos** are great for those that prefer the convenience and privacy of working out at home. **Healthy cookbooks** for the person who loves to cook or a **grill pan** for stovetop cooking. Grill pans have grooves in the bottom that allow the fat to drain off meats and sear food with authentic-looking grill marks. Help someone get into a healthy exercise routine with an annual **gym membership** and the purchase of **athletic wear and gear**. A gift certificate to a nearby athletic store will encourage proper gear and comfortable workout clothing which can also help motivate someone to exercise.

### RETURNING COMMODITIES

When you place your commodity orders and the product is received in our warehouse the cases you ordered become yours. If you refuse all or part of your delivery for whatever reason you must contact Food Distribution at (406) 444-4415. It is best to contact us prior to the order being shipped to not only save on shipping costs but to also give us the opportunity to offer those cases to another school that may be looking for some additional product. We are also unable to credit your Planned Assistance Level (PAL) for the amount of commodities returned unless you notify us that the return will be taking place.



The staff at School Nutrition Programs wants to wish everyone a safe and happy holiday season!